It's time to join your first workshop - here's your cueing script!

"Warm Up" Cluster Cueing Script

What to do:

1. Take this script to a Teaching Skills Workshop
2. Read this script, word for word to teach your peers
3. Celebrate completing your first workshop!

"Hi Everyone, I'm [YOUR NAME] this is my first time teaching here. It's great to be with you.

Cat / Cow

1. We are going to do a movement called Cat / Cow or Cat Stretch, come onto all fours on the mat
2. Round your back and look back at your thighs
3. Arch your back and look up at the sky
4. Good, let's do that again. Round and look under. Arch and look up.
5. Keep going (wait for them to do about 10 repetitions)
6. Well done!

Cobra Rocks

1. Now we are going to do a movement we call Cobra Rocks
2. Sit your hips back to your heels (sometimes called child pose)
3. Then push your hips forward towards the floor, look to the sky and make a cobra position,
4. Sit back towards your heels
5. Press forward to the cobra.
6. Keep going (wait for them to do about 10 repetitions)
7. Well done!

Sideways Cat

1. Next we are going to do a movement we sideways cat
2. Coming back to four-point kneel
3. Look around the right side, try and see your left foot
4. Go the other way, look around the left side and try to see your right foot
5. Keep going (wait for them to do about 10 repetitions)
6. Well done!

Bird/Dog

1. The last exercise for this warm up, this exercise is called bird dog
2. Remain in a 4-point kneel
3. Extend the left arm and right leg long, return to start
4. Now extend the right arm and left leg long, then return to start
5. Keep going (wait for them to do about 10 repetitions)
6. Well done!

Well done everyone, that concludes our warm-up, You all did really well."